



# RSVP News

RSVP – Responding to a Call to Serve

Fall 2007

## FROM THE PROJECT DIRECTOR

Dear RSVP Volunteer:

What a busy summer it's been and fall is looking even busier! We are in the throes of planning **Community Service Day** which will be held on Saturday, October 27<sup>th</sup>. Be sure to mark your calendar and read about this national day of service on page 2 to find out how you can be involved.

While the Thanksgiving and December holidays seem far away, they will soon be upon us and planning for the **Holiday Giving Program** has begun. The mission of the Montgomery County Holiday Giving Program is to provide resources to make the holidays more festive for families in Montgomery County and give families the opportunity to learn about and celebrate the Thanksgiving and December holidays. If you're interested in helping out over the holidays, visit our Web site at [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) or call our office at 240-777-2600.

I attended the annual Points of Light Foundation and Corporation for National Service Senior Corps Conference in Philadelphia in July. It was a wonderful opportunity to learn from fellow RSVP Project Directors, but better yet was the opportunity to brag about our own Montgomery County RSVP Program! My colleagues were so impressed with our emergency volunteers, our Bone Builders, our incredible Tax Aide group, our multi-cultural volunteers, our pro-bono consultants, our knitters, our tutors, and all of the other wonderful RSVP volunteers—725+ strong—working in our community. I am so proud of the commitment to the community that you all show through the volunteer work that you do. Thank you!!!

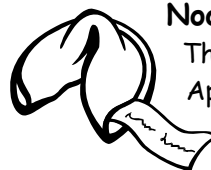
Sincerely,

Ann B. Evans  
RSVP Project Director

## VOLUNTEER APPRECIATION LUNCHEON

Thursday, November 1, 2007

Noon - 2:00 pm



This year's RSVP Volunteer Appreciation event will be a lovely luncheon at the *New Fortune* Chinese Restaurant in

Gaithersburg, MD. What an appropriate name as we are so fortunate to have such wonderful RSVP volunteers! It will be a fabulous feast fit for all! Invitations have been mailed. If you plan to attend, please let us know by October 22<sup>nd</sup> so we have an accurate head (and stomach!) count.

## RSVP/AARP Tax-Aide Program

Ah, autumn! Falling leaves. Sweater weather. Taxes. Taxes? Yes, taxes. Now's the time we start gathering new volunteers for our immensely successful RSVP/AARP Tax-Aide program. We had a great team of over 100 volunteers who generated 4,000 returns, but we need more good people to join them as schedulers and tax consultants.

If you are interested in helping out next year, get on "the list" now by calling **240-777-2611** or email [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)

## BE AN ADVOCATE FOR NURSING HOME & ASSISTED LIVING RESIDENTS

Volunteer as a long term care ombudsman. Flexible weekday hours. Comprehensive free training.

Contact **Eileen Bennett** at **240-777-1067** or [Eileen.Bennett@montgomerycountymd.gov](mailto:Eileen.Bennett@montgomerycountymd.gov)

## WHERE IN THE WORLD ...

Calling all geographers and world travelers!

If you also enjoy kids, Interages' Global Wizards program is for you. Volunteers work with 2nd-4th graders to study a continent, practice map skills, and share fun activities. Eight, one-hour weekly sessions meet right after school. Contact **Sara Cartmill** at **301-949-3551** or [cartmill@interagesmd.org](mailto:cartmill@interagesmd.org)





Saturday October 27, 2007, is Montgomery County's 21<sup>st</sup> Annual Community Service Day. What we began here in Montgomery County 20 years ago has now become a National Day of Service.

Over the years, tens of thousands of Montgomery County residents have joined together to help our neighbors and to enhance the quality of life of our County. The concept behind Community Service Day was to show people that their investment of just two or three hours really would make a difference. Each person's few hours when multiplied by a similar commitment of thousands of other volunteers represents a substantial resource toward our goal of making our great County an even better and stronger community.

For Community Service Day project ideas go to the Volunteer Center's Web site at [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) and click on the link to "Community Service Day" or call 240-777-2600. Or come up with your own volunteer project. Enlist family, friends, your church group, civic association, bridge club, etc., to work with you on a project. Help out a nonprofit organization or participate in a neighborhood clean-up or beautification project in your area. And be sure to tell us about it!

The theme this year is "Working Together." We all realize the government can't do it all. The County Executive has challenged the three sectors – government, business, and nonprofits – to work together to help build a stronger County. Community Service Day is the perfect occasion for this. This is our opportunity to showcase what a concerned and caring community we have here in Montgomery County.

### **BIGGER BONE BUILDERS**

Our *Bone Builders* program recently added new locations in

**Bethesda/Potomac** and **Chevy Chase**. We need volunteers to help lead these classes. Training is provided and leaders work in pairs to team-teach.



The *Bone Builders* exercise class is designed to increase bone density to protect against fractures caused by osteoporosis in twice-weekly, hour-long classes. Classes are *free* ... thanks to our volunteers!

If you or someone you know is interested in becoming a Volunteer Trainer or wants more information about the free classes, contact the Volunteer Center at **240-777-2610** or email [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)

### **Quarterly Quotable Quote**

**"I'm plenty-nine!"**

--RSVPer Anne Mitchell when asked her age

### **SENIOR ARTS FAIR**

*Explore Art ... Stay Sharp!*

**Sunday, October 28, 2007      Noon – 5:00 pm**

**VisArts Center** at 155 Gibbs Street, Rockville, MD  
*Brand new in Rockville Town Center!*

Enjoy free performances, art demos, visual art workshops, lectures, etc.

Information: Call **240-777-1120**



### **SENIOR PROPERTY TAX DEADLINE EXTENDED TO OCTOBER 31, 2007**

The deadline for the new senior property tax program that began this year has been extended to OCTOBER 31, 2007. Age 70+. For more information, call 1-800-944-7403 or visit the program Web site at <http://www.dat.state.md.us/>

### **Two "Aging in Place" Workshops**

**Thursday, October 11, 2007**

**1:00 pm to 4:00 p.m.**

**Holiday Park Multiservice Senior Center**

Stuart Rosenthal, publisher of *The Senior Beacon*, will lead a discussion about the types of homes, community based services and private services available. Panelists include Stephanie Hull, Maryland Department of Aging; Susan McWhinny-Morse, founder of Beacon Hill Village; Beth Shapiro, Community Partners UJF-NORC program and Andrea Cohen, HouseWorks.

**Thursday, November 8, 2007**

**1:00 pm to 4:00 p.m.**

**Rockville Senior Center**

Topic: how to decide whether to stay at home and to plan for aging in place.

Seating is limited and reservations are required.

Call **1-888-576-7947** toll free, email [lsinav@umd.edu](mailto:lsinav@umd.edu) or fax **301-590-2828**.



[www.thewellnesscommunity.org/dc](http://www.thewellnesscommunity.org/dc)

We provide free programs of emotional support, education and hope to people with cancer and their loved ones. We need many volunteers to help in *administrative support, marketing, special events*, etc. Located at 5430 Grosvenor Lane, Bethesda, our facility is a home-like, community-based setting. There are many opportunities to work from home, too! Contact Volunteer Coordinator **Janet McIver**, at **301-493-5002** or [jmciver@thewellnesscommunity.org](mailto:jmciver@thewellnesscommunity.org)

#### From the RSVP Coordinator

I am so happy it's fall. I like the crisp and cool – it motivates me to get going. I have been out and about to see many of you – *Interages*, Schweinhaut Yarners, Holiday Park, Long Branch, Brookside Gardens and *Meals on Wheels* of Takoma Park, to name a few.

And I hope to see more of you at our Volunteer Appreciation Luncheon on November 1<sup>st</sup>! We want to celebrate all you do all year long so let's "do lunch" together. Here's to a fun and festive fall for all!

*Kathleen*

Kathleen Meaney Stobie



[www.stopcsa.org](http://www.stopcsa.org)

Want to know that you are making a difference in children's lives? Want to take on a difficult topic that people do not want to talk about, but know that it is happening in every community? Then we want to work with you! We are *Stop the Silence: Stop Child Sexual Abuse*. In the U.S., child sexual abuse (CSA) affects one-third of girls and one-sixth of boys by the time they are 18 years old. We need volunteers to help with *fundraising, public relations, and education & outreach*. We offer flexible work schedules and locations. Please contact **Heather Smith** at **703-474-4817** or [heather@stopcsa.org](mailto:heather@stopcsa.org)

#### Over 60 Counseling & Employment Service

We provide employment counseling and job referrals for people 55 years and older. It's free to job applicants and to employers thanks to the Montgomery County Federation of Women's Clubs. To keep this *free* service going, we rely heavily on volunteers to help in the office with *customer service and general office work*. Monday to Thursday, 9:00 am – noon or 9:00 am – 3:00 pm in Chevy Chase. Flexible! Please call **Betty Kitterman** at **301-652-8072**.

[www.oversixty.org](http://www.oversixty.org)



**The Center for a New American Dream** helps Americans consume responsibly to protect the environment, enhance quality of life, and promote social justice. We maintain the country's leading responsible purchasing resources for individuals, institutions, and businesses through our Conscious Consumer Marketplace ([www.consciousconsumer.org](http://www.consciousconsumer.org)) and Responsible Purchasing Network ([www.responsiblepurchasing.org](http://www.responsiblepurchasing.org)).

Please volunteer with us! We currently need:

- Outreach Volunteer to coordinate our participation in the Combined Federal Campaign (you can do some work from home)
- Administrative Volunteer in our Takoma Park office to thank donors and manage donor files

If you have a different skills set you'd like to share, please let us know. We're happy to tailor volunteer projects to your expertise and interests. Please contact **Pamela Garfield** at **301-891-3683 ext 101** or [pam@newdream.org](mailto:pam@newdream.org)

**RSVP News** is published quarterly. If you have news to share or ideas for articles, please contact me.

*We are adjusting our "quarters." New distribution schedule: December, March, June, and September  
Winter issue will be out on **December 1, 2007**. Deadline for articles: Friday, 11/9/07*

*To conserve paper resources, we need your assistance. If you are receiving this issue by US Mail and have an email address, please email me and we will email future issues of **RSVP News** to you as a link, not an attachment.*

Kathleen Meaney Stobie

phone: 240-777-2611

fax: 240-777-2601

email: [kathleen.stobie@montgomerycountymd.gov](mailto:kathleen.stobie@montgomerycountymd.gov)



Montgomery County Volunteer Center  
RSVP – Responding to a Call to Serve  
401 Hungerford Drive, 1<sup>st</sup> Floor  
Rockville, Maryland 20850

**RSVP News is on the Montgomery County Web site!**

**<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp>**

### RELIEF FOR ACHING KNEES

**DEAR JIM:** *I'm only 69 years old, but my knees feel like they are 169 years old! There is a persistent, almost unbearable pain, under my kneecaps – particularly when I climb stairs or try to stand up after sitting in a deep chair for any length of time. I've tried ice packs, aspirin, and other remedies, but they only help temporarily. Are there exercises or anything else that might help to relieve the pain?*

**DEAR READER:** Your condition sounds like *Patellofemoral Pain Syndrome* (PFPS) – a mouthful, isn't it? Actually, it's a common injury occurring around and under the kneecap often affecting runners, hikers, cyclists, and other athletes, but it can affect inactive people too – particularly older adults.

Most older adults have a tendency to lean forward when they climb stairs (if they climb stairs at all) placing virtually all of their weight on their knees rather than allowing the larger hip and thigh muscles to absorb the stress. The smaller knee joints naturally become inflamed often developing into painful PFPS. Fitness professionals typically instruct their disciples not to let their knees extend past their toes when performing knee bends. The same principle applies when climbing stairs – don't let your knees extend beyond your toes. Try standing more erect when you climb stairs and push off of your instep – not your toes. It will probably be more tiring in the beginning until the muscles of your hips and thighs become stronger from the increased work load, but it should help to reduce the pain below your knees, and eventually climbing stairs should be much easier for you. Hold on to the handrail for stability, but let your hips and thighs do the work.

Of course, the problem of trying to stand up after sitting on a deep chair is easily remedied by not sitting there. Fitness professionals will tell you not to sit below parallel, i.e. the tops of your thighs should never be lower than parallel with your knees. If the chairs in your home are too low or too deep, consider having them elevated by placing carpeted platforms under them or adding extra cushions. Even traditional toilets can be replaced with higher, wall-mounted units to make it easier to get up and down. Try these suggestions for a few months. Our knees are very vulnerable to injury, and sometimes making simple adjustments in our day-to-day lives can help prevent injuries and/or relieve existing pain and discomfort.

*Jim Evans is a 40-year veteran of the health & fitness industry and a nationally recognized consultant on senior fitness.*